

MAKE AHEAD:

CREPE BATTER

1 cup cold water

1 cup cold milk

4 eggs

1/2 tsp salt

1 1/2 cups GLUTEN FREE flour blend
(We used Authentic Foods GF Multi-Grain Blend)

4 Tbsp melted butter

Put the water, milk, eggs and salt into a blender. Add the flour and then the butter. Cover and blend for 1 minute. (make sure to scrape the sides with a rubber spatula) Store in an airtight container for up to 3 days.

MENU:

MEATLESS MONDAY

Tuscan White Bean Soup

Gruyere Herb Croutons

TUESDAY

Basil Swordfish

Cauliflower & Spinach

WEDNESDAY

Turkey Pasta Primavera

THURSDAY

Ham & Cheese Crepes

Side Salad

FRIDAY

Stuffed Turkey Burgers

Mexican Corn



Gluten Free June 10th

Shopping List

This Week's Menu: White Bean Soup, Basil Fish, Ham/Cheese Crepes, Turkey Burgers, Pasta Primavera

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Swordfish, Halibut or Seabass	1-1/2 pounds	any thick fish steak is fine	18
	ground turkey	2 pounds		8
	lean deli ham	8 slices	go for great quality!	6

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	carrots	2 medium		1
	celery	2 ribs/stalks		1
	cauliflower	1/2 head	ask produce department to cut	1
	fennel	1 bulb		3
	arugula	6 ounces		4
	spinach	5 cups		4
	basil	2 bunches	about 30 leaves	2
	bell peppers	1 green 2 red		3
	green leaf lettuce	1 head		2
	fresh corn	5 ears		2.5
	tomatoes	2 medium		2
	lemon	1		1

Got it!	Dairy	Quantity	Notes	Est Cost
	organic milk	1 cup		1
	gruyere cheese (Swiss)	2-1/2 cups	shredded about 10oz block	6
	provolone	8 slices	deli	3

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	gluten free hamburger buns	1 dozen		6
	white cannellini beans	2-14oz cans		3

Fresh 20 Grocery Est 77.5

Cost Per Dinner 15.5

Cost Per Serving 3.875

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 Tablespoons	gluten free chicken stock (or vegetable)	3-1/4 cups
	garlic	2 cloves	organic butter	4 Tablespoons
	onions	1-1/2 medium	eggs	4
	dried oregano	3 teaspoons	tomato paste	
	cumin		gluten free Dijon mustard	1-1/4 Tablesp
	sea salt	3-1/2 teaspoons	balsamic vinegar	5 Tablespoons
	black pepper	2 teaspoons	gluten free soy sauce	
	cayenne	1/2 teaspoon	gluten free pasta	1 pound
	brown sugar	2 Tablespoons	gluten free flour	1-1/2 cups

TUSCAN WHITE BEAN SOUP w/ Gruyère herb croutons

INSTRUCTIONS

For Gruyère herb croutons

Preheat oven to 375°F. Toss gluten free bread cubes with olive oil, oregano, black pepper, and salt. Spread on a baking sheet and bake for 12 minutes. Remove from oven and pour in a bowl. Toss with grated Gruyère and set aside.

For Tuscan white bean soup

Heat oil in a pot over medium heat. Sauté onions for 2 minutes. Add fennel, carrots, and celery. Sauté for 5-6 minutes. Pour in tomatoes and stir for a minute before adding cannellini beans and reserved liquid. After sautéing for another minute, stir in vegetable stock, water, dried oregano, and salt.

Bring pot to boil. Cover with lid once soup is bubbling and reduce heat to a simmer. Cook covered for 10 minutes. Remove lid and stir in arugula. Cook for a half minute to wilt the arugula before the soup is ready.

Serve with a handful of croutons on top of soup.

INGREDIENTS

For Gruyère herb croutons

2 gluten free hamburger buns, cut into small cubes

1 ½ Tablespoons olive oil

½ teaspoon dried oregano

¼ teaspoon black pepper

1/8 teaspoon salt

2 Tablespoons Swiss Gruyère, shredded

For Tuscan white bean soup

2 Tablespoons olive oil

1 medium onion, diced

½ fennel bulb, finely chopped

2 medium carrots, chopped

2 stalks celery, chopped

2 medium tomatoes, diced

2 cans cannellini beans, drained but reserving 1 cup of liquid

2 cups gluten free vegetable or chicken stock

2 cups water

½ teaspoon dried oregano

½ Tablespoon salt

6oz arugula leaves

BASIL SWORDFISH cheesy cauliflower & spinach

INSTRUCTIONS

For fish:

Melt butter in a large skillet over medium heat. Toss in shredded basil and minced garlic. Cook for one minute until butter is bubbling, careful not to burn. Sprinkle half the salt in bottom of pan. Arrange fish steaks in pan over basil/butter. Sprinkle other half of salt and all of pepper over the fish steaks. Sauté 1 minute for every ½" of thickness. (Example: 2-1/2 inch thick = 5 minutes) Flip fish over and pour in stock. Arrange spinach over fish and loosely cover with foil. Turn off heat and let sit for 3-5 minutes until spinach wilts. Serve.

For cauliflower:

Place cauliflower and water in a small stockpot over medium heat. Cover pot and steam cauliflower for 5 minutes until softened. Transfer to serving bowl. Toss with olive oil and sprinkle with Parmesan. Serve.

INGREDIENTS

2 Tablespoons organic butter

¼ cup shredded basil (about 12 leaves)

2 cloves garlic, minced

1 teaspoon salt

½ teaspoon pepper

1-1/2 pounds fresh fish steaks (halibut, swordfish, tuna, sea bass) rinsed and pat dry

¼ cup gluten free vegetable or chicken stock

1 bunch spinach (about 5 cups chopped)

For cauliflower:

½ head cauliflower, chopped

1 cup water

1 teaspoon olive oil

3 Tablespoons Gruyere cheese, shredded

*I love it when the all the elements of a dinner can be thrown into one dish.
This is also a great meal to keep on deck for weekend afternoon pasta!*

DIRECTIONS:

Boil salty water for pasta. Cook according to package.

Heat olive oil on high in a large skillet and sauté onion for about 3 minutes before adding turkey. Add salt and cayenne. Cook until no longer pink but not well done. Add stock. Stir in red and green bell peppers, and corn. Cook for 2 minutes. Add in basil, balsamic vinegar and black pepper.

Drain pasta. Do not rinse.

Add pasta to skillet and toss until well combined. Stir in provolone.

Divide into bowls and serve.

INGREDIENTS:

1 pound gluten free pasta

1 Tablespoon olive oil

½ onion, chopped

1 pound ground turkey

½ teaspoon salt

¼ teaspoon cayenne pepper

1 cup gluten free chicken or vegetable stock

½ green bell pepper, seeded and chopped

1 red bell pepper, seeded and chopped

1 ear cooked corn, kernels removed (about ½ cup)

12 basil leaves, shredded

1 Tablespoon balsamic vinegar

½ teaspoon black pepper

4 slices provolone, cut into small

INSTRUCTIONS:

AHEAD OF TIME

Put the water, milk, eggs and salt into a blender. Add the flour and then the butter. Cover and blend for 1 minute. (make sure to scrape the sides with a rubber spatula) Store in an airtight container for up to 3 days.

DINNER NIGHT

Gently stir batter if ingredients have separated.

Heat 9- to 10-inch nonstick skillet over medium-high heat.

Pour 1/4-cup batter into pan,

Lift pan off burner and tilt slightly to swirl batter and cover bottom.

Once your crepe is formed, let it cook for 1-2 minutes. To flip the crepe, loosen edge with a spatula and, with fingertips on top, slide it toward you until you can grab edge and flip. Sprinkle 1/4 cup cheese and 1 slice of ham onto middle of crepe. Cook until there are some browned spots.

Fold one third of crepe over the middle. Repeat with other side to wrap ingredients inside. Place cooked crepe on plate and cover to keep warm.

Repeat process with remaining batter. Yields 8 crepes.

Serve crepes warm with side salad and dollop of Dijon mustard.

KITCHEN NOTE

The first crepe is usually a disaster because the heat is uncertain. Don't sweat it, the rest will turn out fine! Use of a good nonstick pan will eliminate the need to butter the pan for the crepes.

Toss salad with bell pepper and dressing.

PORTION NOTE:

Kids: 1 crepe, 1 cup salad

Adults: 2 crepes, 2 cups salad

INGREDIENTS:

For crepe batter:

1 cup cold water

1 cup cold milk

4 eggs

1/2 tsp salt

1 1/2 cups GLUTEN FREE flour blend
(We used Authentic Foods GF Multi-Grain Blend)

4 Tbsp melted butter

For filling:

8 slices thick cut lean ham from deli counter

2 cups Gruyere cheese, shredded

1 Tablespoon gluten free Dijon mustard

For side salad:

1 chopped bell pepper

4 cups chopped green leaf lettuce

1/4 cup gluten free pantry dressing
(www.thefresh20.com/pantrydressings)

STUFFED TURKEY BURGERS

Mexican corn

Kids love the cheesy center surprise of these burgers. A sweet dressing replaces conventional ketchup.

DIRECTIONS:

For breadcrumbs:

Cut bread into toaster size pieces. Toast until crispy. Crumble in blender until mealy in texture. Can be made ahead and stored in an airtight container for up to a week.

For Burgers:

Combine turkey, breadcrumbs, lemon juice, green pepper, basil, oregano, salt and pepper in large bowl. Mix well. Divide turkey mixture into 8 equal portions. Form 8 thin, individual patties. Place one slice provolone in middle of a turkey patty; place a second patty on top of cheese. Seal patties at edges to enclose cheese. Repeat to form remaining 3 burgers.

Grill burgers until cooked through, about 5 minutes per side. Toast gluten free hamburger buns or gluten free bread. Spread a Tablespoon of dressing onto toasted bun. Top with turkey burger garnish with lettuce leaf.

*No gluten free buns? Serve on a bed of lettuce "protein style."

For Dressing:

Whisk together all ingredients until smooth.

For corn:

Husk corn and place in large ziploc bag. Add 2 Tablespoons of water and seal the top leaving a small hole. Microwave on high for 4 minutes. Carefully remove corn from bag and place on serving dish. Spread butter evenly over corn. Sprinkle corn with salt on all sides. If desired, sprinkle chili powder over corn.

INGREDIENTS:

1 pound ground turkey

1 gluten free hamburger bun
(breadcrumbs)

½ lemon, juiced

½ green bell pepper, finely chopped

1 Tablespoon fresh basil, shredded

2 teaspoons dried oregano

1 teaspoon salt

1/2 teaspoon ground black pepper

4 slices Provolone cheese

4 gluten free hamburger buns

4 lettuces leaves, whole

Dressing:

4 Tablespoons balsamic vinegar

2 Tablespoons brown sugar

1/4 teaspoon gluten free Dijon mustard

1/4 teaspoon cayenne pepper

Mexican Corn:

4 ears of fresh corn

1 Tablespoon butter

1 teaspoon salt

1 teaspoon cayenne